



ENT of Denver, P.C.

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Tonsillectomy/Adenoidectomy Surgery Instructions

General Pre-Op Instructions:

- We will call you the week before your surgery to confirm the time of your surgery and what time you will need to arrive. If preoperative studies are needed, we will give you instructions for this.
- To reduce potential complications, stop all aspirin-containing products 3 weeks prior to surgery, or as directed by Dr. Reichman or Dr. Miller. Other arthritis and pain type medications (Advil/Ibuprofen/NSAIDS) should be stopped one week before surgery. Tylenol is permitted. If you are taking any other type of blood thinner or platelet drug, please contact the office to determine when these medications should be stopped prior to surgery.
- **No food or liquids after midnight on the morning and day of surgery.** This is a strict instruction—the anesthesiologist will cancel your surgery if you have anything in your stomach. If your surgery is late in the day, the anesthesiologist may speak to you about having a light breakfast. You should hear from them the day before surgery.
- If you become significantly ill within the week before surgery, please call our office as soon as possible to determine whether the surgery should be rescheduled.

General Post-Op Instructions:

- Depending on your surgery, you may be required to stay overnight in the hospital. If you are allowed to go home the day of your surgery, you will need to arrange for someone to drive you home.
- If you feel nauseated after general anesthesia it should ease after a few hours. If you are still having trouble the next day, please call the office.
- Every surgery involves some pain. You will be prescribed the necessary pain medications to help you following your surgery. If your medication does not relieve your pain or if you have stomach irritation, nausea, or an allergic reaction (skin rash, itching, hives) call our office. Make sure that you take medications as directed and that you have some food in your stomach. Almost any medication will cause nausea if taken on an empty stomach.
- If you need a pain medication refilled, please make sure to call during office hours (before noon on Friday). You may need to come to the office to pick up the prescription. **‘On call’ physicians DO NOT refill pain medications.**
- Be sure to schedule and keep your follow-up appointment with Dr. Reichman or Dr. Miller. Our office will contact you for your follow up appointment. If you do not hear from us, then please call to schedule that appointment.

- Call our office or go to the ER if you experience persistent bleeding, a fever of 101 degrees or more, trouble breathing, or any other severe reaction.
- We realize surgery can be a confusing and stressful process. If you are concerned that something is not as expected, please feel free to contact our office.

Specific Instructions for Tonsillectomy/Adenoidectomy:

Diet

- Encourage fluid intake by frequently consuming liquids and foods such as ice cream, popsicles, Gatorade, protein shakes, juices (non-acidic), jello, mashed potatoes or any other food that is high in liquids.
- Return to normal diet as tolerated.
- *Be sure to drink as much water and/or Gatorade as possible. Dehydration will make the pain worse, and will slow your recovery.*

Medications

- You may be given pain medication to take as needed. Pain medications can cause dizziness, drowsiness, nausea, and constipation. A prescription can be given for nausea if needed. You may take a stool softener to help with constipation.
- Take ibuprofen in addition to your other pain medications – see dosing table below
- Do not take any additional medications that contain Acetaminophen.
- Adults may also be given a short course of steroids to decrease inflammation and pain.
- Do not resume aspirin or similar products for 2 weeks following surgery unless otherwise directed by Dr. Reichman or Dr. Miller.

What to Expect

- Mouth odor is common. Increasing fluid intake should help with this problem.
- A white or gray membrane on the sides of the throat is normal and should disappear in 1-2 weeks.
- It is common to experience more discomfort or pain approximately 1 week after your surgery. Following your procedure, scabs will form where your tonsils and/or adenoids were removed. As part of your natural healing process, these scabs will start to slough off about 5-8 days after your surgery. This often causes more pain, but is normal and to be expected.
- Earaches are common and can last up to 2 weeks. This is referred pain from the throat and is most likely not an infection. Chewing gum can sometimes help improve this pain.
- Patient may return to work when tolerated, usually 7-14 days.
- A low-grade fever may be experienced, especially in children. If the fever remains 101F or more and does not respond to Tylenol, please call our office.
- About 2% of patients will experience bleeding 6-8 days after surgery. If this happens, remain calm—this bleeding is usually slight and stops spontaneously. You may rinse your mouth with ice water to help stop any bleeding. If the bleeding does not stop promptly, or if it is profuse, call the doctor immediately. If the doctor is not available, go the nearest emergency room.

Ibuprofen Dosing Table

Weight (pounds)	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+	
Infant Drops 50mg/1.25mL	1.25	1.875	2.5	3.75	5	-	-	-	mL
Liquid 100mg/ 1 teaspoon	½	¾	1	1 ½	2	2 ½	3	4	Tsp
Liquid 100mg/ 5 mL	2.5	4	5	7.5	10	12.5	15	20	mL
Chewable 50mg Tablets	-	-	2	3	4	5	6	8	Tabs
Junior-strength 100mg Tablets	-	-	-	-	2	2 ½	3	4	Tabs
Adult 200mg Tablets	-	-	-	-	1	1	1 ½	2	Tabs

When to Use. Treatment of fever and pain.

Table Notes:

- **Age Limits.** Don't use under 6 months of age unless told by your child's doctor. Reason: safety not established and not approved by FDA. If under 6 years, don't give products with more than one ingredient in them (FDA recommendation 2008).
- **Dose.** Find the child's **weight** in the top row of the dose table. Look below the correct weight for the dose based on the product you have.
- **Measure the Dose.** Syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medicine. If not, you can get a med syringe at drug stores. If you use a teaspoon, it should be a measuring spoon. Reason: regular spoons are not reliable. Keep in mind 1 level teaspoon equals 5 mL and that ½ teaspoon equals 2.5 mL.
- **Infant Drops.** Ibuprofen infant drops come with a syringe.
- **How Often.** Repeat every 6-8 hours as needed.
- **Adult Dose.** 400 mg
- **Brand Names.** Motrin, Advil, generic ibuprofen